which prevents the knot from pulling through the material in which the elastic is held in place.

[0071] Another feature of the present invention includes a slider buckle which is utilized with a piece of webbing to bring 2 separate parts or pieces closer together or further part, and for carefully being able to regulate the speed and distance of this action. Any existing prior art buckle, often called a triglide or tribar buckle **130**, FIG. **27**A is often used to tighten the shoulder straps on the backpack for example. Such existing tension lock buckles work well for the tightening action but when loosening, the webbing slides quickly through with little or no control over the loosening motion.

[0072] In accordance with the present invention, the triglide or tribar buckle is modified to include 2 perpendicular attachment points **132**, **134**. See also FIG. **27**B. This configuration allows careful control in both loosening and tightening applications. This is made possible by adding an additional webbing attachment **0.134**, FIG. **28** that extends away from the main body. This new attachment **0.134** prevents the webbing sections from touching and having friction with each other. A short webbing loop **136** with a metal ring at the end acts as a handle. The new attachment **0.132** for the handle **136** is even further away from the body, creating a lever arm. When the handle is pushed or pulled it makes the entire buckle rotate. This rotation changes the contact area of the webbing woven through the buckle and reduces or increases friction. See FIGS. **29**A and **29**B. The buckle rotation, and therefore the friction on the webbing, can be modulated or controlled by the user pushing or pulling on the handle **136** with different amounts of force in a different direction. This change in friction, combined with the direction the handle is pushed or pulled in, will move the entire buckle and adjust the webbing system with ease and great control.

[0073] Accordingly, the present invention provides a novel, lightweight and portable, auto-reclining swinging chair frame and seat with an auto-recline feature that can easily be adjusted and which entire chair that can be easily packed and carried for use in outdoor or indoor settings.

[0074] Modifications and substitutions by one of ordinary skill in the art are considered to be within the scope of the present invention, which is not to be limited except by the allowed claims and their legal equivalents.

1. A swinging chair, said swinging chair comprising:

a frame; and

a chair seat suspended within said frame from a top portion of said frame, and configured for swinging within said frame, said chair seat constructed of a lightweight, pliable material and including a chair seat bottom having a front portion and a rear portion and a chair seat back having a top portion and a bottom portion, wherein said rear portion of said chair seat bottom is coupled to said bottom portion of said chair seat back;

said frame comprising:

first and second chair seat support structures, each of said first and second chair seat support structures including two chair support legs and one chair support upright, said two chair support legs and one chair support upright of each of said first and second chair seat support structures coupled together by means of a hub;

a chair support structure cross-bar, configured for attaching between said first and second hubs of said first and second chair seat support structures, for maintaining said first and second hubs in a predetermined spaced relationship, said chair support structure cross-bar having

a generally u-shape; and

a chair seat support mechanism, said chair seat support mechanism comprising a plurality of chair seat front and back flexible support straps, said plurality of chair seat front and back flexible support straps comprising:

first and second chair seat front support strap members, said first chair seat front support strap member coupled to a first side of said lightweight and pliable chair seat bottom front portion, and said second chair seat front support strap member coupled to a second side of said lightweight and pliable chair seat bottom front portion; and

first and second chair seat back support strap members, said first chair seat back support strap member coupled to a first side of said lightweight and pliable chair seat back top portion, and said second chair seat back support strap member coupled to a second side of said lightweight and pliable chair seat back top portion.

2. The swinging chair according to claim **1**, wherein said first and second front chair seat support strap members and said first and second chair seat back support strap members are made of a flexible and pliable material.

3. The swinging chair according to claim **2**, wherein said first front chair seat support strap member and said first chair seat back support strap member are coupled together, and wherein said second front chair seat support strap member and said second chair seat back support strap member are coupled together.

4. The swinging chair according to claim **3**, wherein one and of said first front chair seat support strap member and said first chair seat back support strap member are coupled together in a first coupling region, and wherein said first coupling region forms a pocket configured for being inserted over a topmost region of a first one of said chair support uprights, and wherein one end of said second front chair seat support strap member and said second chair seat back support strap member are coupled together in a second coupling region and wherein said second coupling region forms a pocket configured for being inserted over a topmost region of a second one of said chair support upright.

5. The swinging chair according to claim **1**, wherein said chair frame includes first and second chair support uprights, and wherein each of said chair support uprights are configured as two segments coupled together by an elastic cord member.

6. The swinging chair according to claim **5**, wherein said two segments of each of said first and second chair support uprights are coupled together by a knurled ferrule, and wherein each of said chair support uprights two segments are coupled together by an elastic cord member

7. The swinging chair according to claim **6**, wherein said chair support uprights of each of said first and second chair seat support structures include a protrusion on an uppermost end of each of said chair support uprights.

8. The swinging chair according to claim **7**, wherein said first front chair seat support strap member and said first chair seat back support strap member are coupled together in a first coupling region by a first metal coupling member, and wherein said first metal coupling member includes an open-